

October 31, 2018

A true Georgia peach, Nanyamka Hales is an Atlanta Georgia native. Nanyamka became a member of Zeta Phi Beta Sorority, Inc., Psi Chapter in the Spring of 1999 at Clark Atlanta University. As a current member of Eta Pi Zeta Chapter, her zeal for being of service has never waned; you can find her on any given weekend volunteering throughout Montgomery County MD with her sorors. She lives her life to the fullest by upholding these guiding principles:

**SCHOLARSHIP:** Nanyamka earned a BS in Biology as a Clark Atlanta University PRISM-D Scholar. She'd later become a Presidential Scholar having earned an MPH in Epidemiology and Biostatistics from Boston University School of Public Health.

**SERVICE:** Nanyamka loves to help others; she believes she was born to serve. She created the A. Doris Banks Henries Scholarship (in honor of trailblazing educator Soror Henries) to help students achieve their college dreams.

**SISTERHOOD:** As a member of the sorority for 19 years, Nanyamka has answered the call as Tri-State Director (Massachusetts, Rhode Island and Connecticut); Chapter President (three different chapters); and appointee to many state and regional positions.

**FINER WOMANHOOD:** Having worked in public health for over 20 years, Nanyamka uses her finer leadership to address health disparities like cancer, kidney disease, and chronic diseases that disproportionately affect African Americans.

When she's not cheering on the Atlanta Falcons and New England Patriots, Nanyamka enjoys visiting aquariums, going to the movies and spending time with family and friends.

For all that she does, Soror Nanyamka Hales is our Zeta Crush for this Wednesday!



October 24, 2018

Mrs. Jane Chappell, whose family has roots in Uganda, was born and raised in Silver Spring, MD. She joined Zeta Phi Beta Sorority, Inc. in May 2006 through Iota Chi Zeta Chapter in Cambridge, MD. Jane is a proud sister, wife, mother and educator. Traveling with her family to various countries, enjoying arts and crafts, along with cooking and baking are just some of her hobbies.

Jane's life mission is to empower people to change their lives; her chosen field of study reflects this. She has a BS in Rehabilitation/ Behavioral Health from the University of Maryland Eastern Shore, and a master's degree in Clinical Mental Health Counseling from Trinity Washington University. Believing that she could expand her outreach to help more people, Jane enrolled at Morgan State University where she is currently a doctorate student in Community College Leadership.

While she makes balancing family and school seem easy, Jane also works two high-paced jobs. She's a federal Community Supervision Officer in Behavioral Health; and a Mental Health Therapist (LGPC) for children through adults, providing psychotherapy as a Leadership Facilitator.

Jane's passion, energy, and service were well noted when she transferred to Eta Pi Zeta Chapter in 2014. For Jane, she just enjoys being a part of a chapter that simulates her personal mission: helping people, help themselves through life-changing empowerment. We're grateful that Jane pours her heart into making other people's lives--and minds--better.

For all that she does, Soror Jane Chappell is our Zeta Crush for this Wednesday.



October 17, 2018

Lisa G. Eley will forever be a proud Baltimorean, even though she considers herself a city girl with a country spirit. She's made Montgomery County, MD her home for the past two decades, and straddles the fence between the Baltimore Ravens and Washington Redskins.

Always the behind-the-scenes, quiet activist with many passionate causes, Lisa sought a platform to further her outreach in the community. In January 2012, she found that platform when she became a member of Zeta Phi Beta Sorority, Inc., Eta Pi Zeta Chapter. What attracted her to this chapter then, and continues to motivate her volunteerism today, is the like-heartedness of these women whose zeal for giving back to uplift the underserved is genuine.

Currently, Lisa is on a mission to raise awareness about workplace bullying. A laboratory professional for over 30 years, Lisa is a driving force for advocating for mentally-healthy workplaces. She survived her own harrowing tale of workplace-bullying and believes that employers need to do more to protect victims from abuse on the job.

Lisa wrote about her ordeal in Thirteen Geese in Flight: One Black Woman's Ascent into Mental Illness and shares her story with audiences throughout the region. She's also authored a complimentary financial resources guide for college bound students. Helping underrepresented populations obtain a college education is Lisa's labor of love.

When she does get a chance to unwind, Lisa enjoys quality moments with quality people, culturally-conscious art and events, smooth jazz, martial arts cinema, sunsets, and animals. She's never met a dog she didn't love. Lisa holds a biology degree from Towson University, and a lover of life degree in humanity.

For all that she does, Soror Lisa Eley is our Zeta Crush for this Wednesday.

